

SMOKELESS TOBACCO

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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Smokeless tobacco is also known as dip, snuff, or chew. Like cigarettes, smokeless tobacco has many chemicals in it. **These chemicals may cause cancer.**

Cancer is a disease that can kill you. With smokeless tobacco, you are most likely to get cancer in the mouth. **Mouth cancers can be very painful and may require the removal of the jaw and a good portion of teeth.**

Sometimes, the use of smokeless tobacco causes swelling of the gums and other mouth problems. This can be very painful and may cause you to lose your teeth. **However, many times you will not feel pain until it is too late.**



Warning:

1. Diabetics should avoid smokeless tobacco because it may contain sugar.
2. Pregnant women should not use smokeless tobacco because it may lead to birth defects.
3. Using smokeless tobacco can be very dangerous for people with chronic conditions or circulation problems.

1. Is Smokeless Tobacco safer than cigarettes?

NO!

It may cause cancers in the cheeks, gums and throat. Using tobacco regularly will cause your gums and lips to bleed or get painful sores. Smokeless tobacco may also cause life-

threatening heart problems and high blood pressure. It can also cause bad breath, rot your teeth, and make it hard for you to taste your favorite foods.

2. Is smokeless tobacco habit forming?

YES!

Many people may try to tell you that you can't get "hooked" on smokeless tobacco. They are wrong. Smokeless tobacco contains **nicotine**. Nicotine is the same addictive chemical in cigarettes. It creates a buzz or high that quickly goes away and can leave people depressed, dizzy, shaky or grouchy. It is the absence of this chemical that will cause you to go through withdrawal. Withdrawal may cause you to shake, feel dizzy or grouchy the first few days after trying to quit.

3. Once you start using tobacco, can you quit?

YES!

You have to want to quit. It might not be easy but you can do it. Here are some pointers that might help you:

- ✓ Pick a quit date and stick with it. (If you can't quit "cold turkey", talk with your provider. There are many other ways to quit).
- ✓ Ask a friend to quit with you.
- ✓ Eat sugarless candy - sometimes having something in your mouth will help with smokeless tobacco cravings.
- ✓ Exercise regularly.